

3

1/5

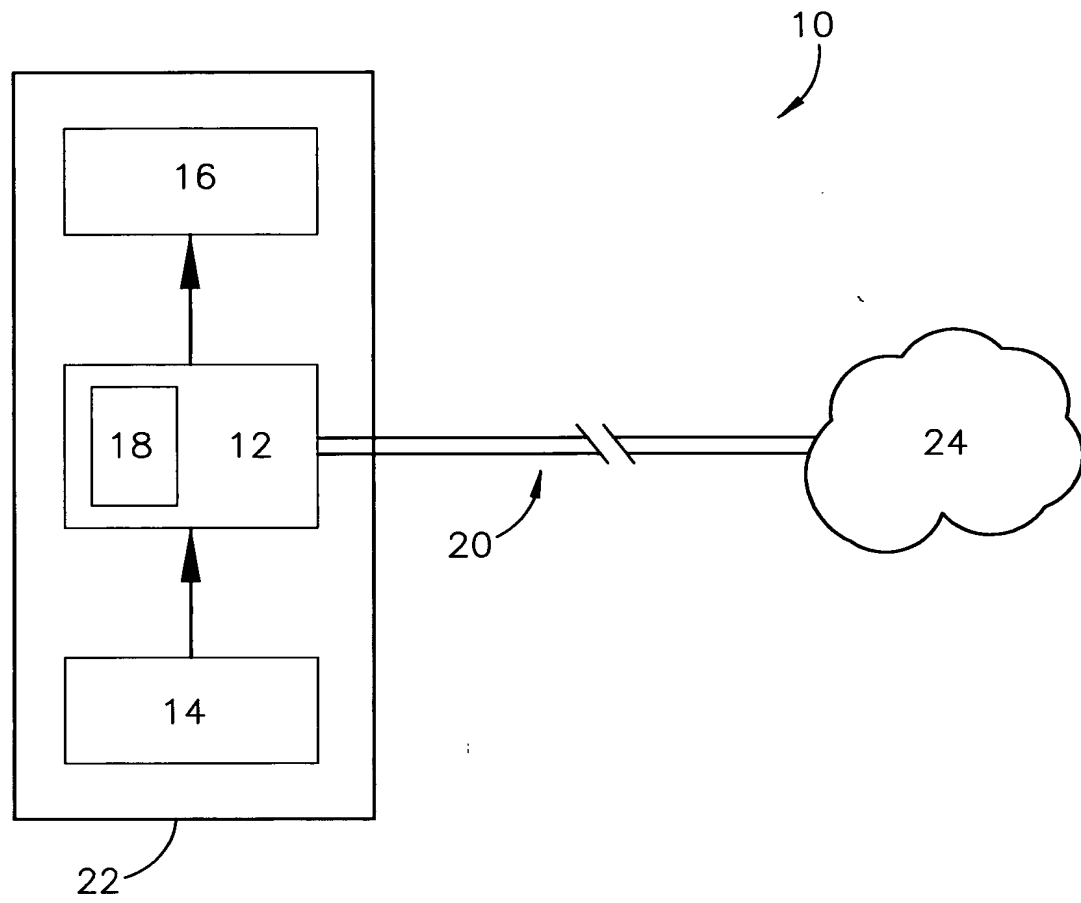


FIG. 1

44
48 50
30
32

John Doe
File Menu Options Help

46 52
34

Lookup:

Go For It
Be Careful

54
56

Stop... Think

Food	Fat	Calories	Eaten	Food	Fat	Calories	Eaten	Food	Fat	Calories	Eaten
Ambrosia salad	0	70	0	Chicken, broiled	4	187	0	Almonds	14	180	0
Apple	0	85	0	Chocolate Shake	12	451	0	Avocado	20	202	0
Applesauce, unsweetened	0	74	0	Chocolate milk, 2%	5	200	0	Bacon	9	109	0
Apple juice, unsweetened	0	50	0	Chuck roast, trimmed	6	178	0	Beef Jerkey	3	70	0
Apricot, raw	0	74	0	Coffeeecake	7	150	0	Beef Brisket	26	325	0

38
40

Target Values:
30
1500
Calories

Sunday, May 13, 2001		4/15	4/16	4/17	4/18	4/19	4/20	4/21	4/22	4/23	4/24	4/25	4/26	4/27	4/28	4/29	4/30	5/1	5/2	5/3	5/4	5/5	5/6	5/7	5/8	5/9	5/10	5/11	5/12	5/13
Jan	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Feb	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Mar	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Apr	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
May	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Jun	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Jul	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Aug	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Sep	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Oct	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Nov	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Dec	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

FIG. 2

FIG. 3

New Food Items

Category

☐ Green ☐ Yellow ☐ Red

Food Name

Fat Grams 0

Calories 0

Portion

Accept Cancel

FIG. 4

**Joe Belly Buster™ Table of Contents**

The Screen

Tracking

Is this really you?

Setting the date and calendar stuff

Setting targets

Entering Food Consumed

Adjusting/Correcting Consumption

Counts vs Percentage, Remaining

Customizing the Menu

Adding New Menu Item

Changes on existing items

Removing Menu Item

Reporting

Hints

FIG. 5

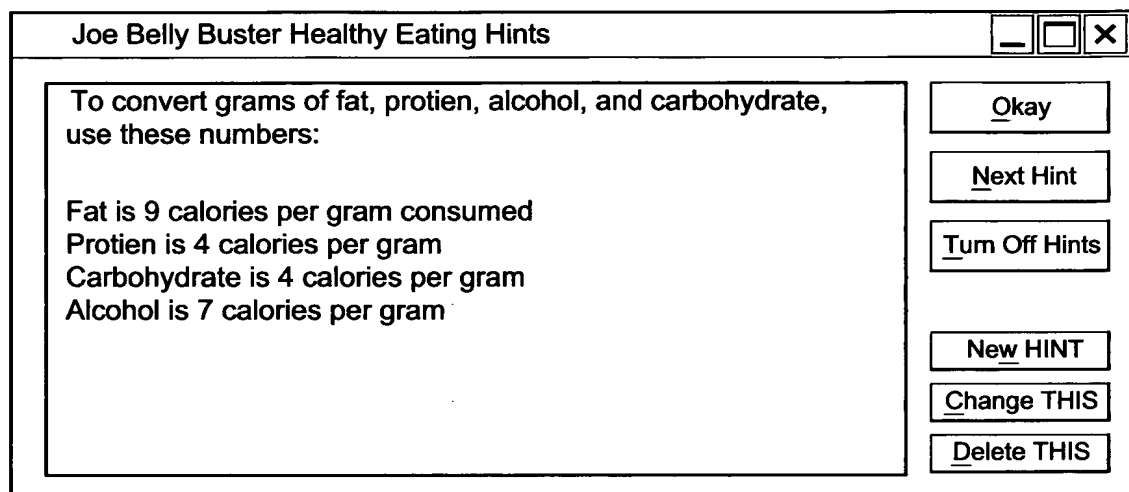


FIG. 6